

IT'S A GEM

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# OUTWITTING THE "T. B. BUGS"



A LITTLE MESSAGE OF HOPE, HELP  
AND COMMON SENSE FOR THOSE  
WHO SEEK BETTER HEALTH



By  
MARY MACK

READ WHAT THE EMINENT PHYSICIAN,  
DR. ARTHUR W. YALE,  
HAS TO SAY:

"This little book has a message of cheer and hope for every one afflicted with the Great White Plague. It is full of common sense and helpful suggestions which should aid the Tubercular sufferer healthward."

*Arthur W. Yale, M.D.*

San Diego, California

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Published by the Cahill Publishing Company  
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1920

SECOND EDITION

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To my good friend  
Frank H. Rivers  
with the compliments  
of the co-author  
and the publisher

Edward W. Cahill

1500



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SECOND EDITION

"Hope, like the glimmering taper's light  
Adorns and cheers the way,  
And still, as darker grows the night,  
Emits a brighter ray"





# Outwitting the "T. B. Bugs"

... By ...

MARY MACK

*This book provides a convenient means of health accounting in terms that everybody can understand.*

## Foreword

**T**HIS is a Message for Everyman.  
That, of course, includes Everywoman.

If you are well, this will help you to stay well.

If you are ill, what is here will help you to get well again.

Tuberculosis being the result of a run-down condition, which permits bacteria to gain a foothold and thrive, that which helps arrest tuberculosis will naturally help any one to build up his or her general health.

The primary object of this little brochure is to encourage those who are afflicted with tuberculosis, and to inspire them to intelligent effort to regain health and happiness.

In that which follows, no effort has been made towards showy style and composition. It is but a plain

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setting forth of the true story of a man and a woman who are living examples today of what a conscientious effort to defeat tuberculosis will accomplish.

It cost the man and the woman several thousand dollars to learn how to "beat the T. B."

They believe that they would be committing an unpardonable crime against Humanity at Large if they should fail to record and pass on their experience to others.

Neither is in the medical profession. They are just every day individuals with ordinary common sense and a sufficiency of backbone. In these pages are set forth the results of their personal experience and how they conquered what ordinarily strikes such terror into the human heart as to weaken power of resistance when it should be strongest.

The story of their lives comes first, followed by a simple, clear explanation of the cause, treatment, prevention and remedy of tuberculosis. For ready reference there is an index to the subjects covered.

If you have a tendency toward pulmonary disorders and want to know of a practical method of overcoming your troubles—or—

If you already have tuberculosis and wish to profit by practical suggestions which, if followed, will undoubtedly help you—or—

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If you would merely like to know how to improve your physical condition in any way, or even just how to preserve your present well-being—then—

Digest every word of this little book, remembering that you are reading the unvarnished truth.

If you possess that negative force that defeats every good intention, it is useless for you to attempt to "beat the T. B."

If you are of the type that, when told of certain rules that must be observed, takes particular delight in breaking them, then read no further.

If, on the other hand, you are a sensible person, and feel that your character is strong enough to abstain from certain habits and lead a careful life, then read this narrative. You will profit by it.

It is difficult to understand the state of mind of a person who goes to a sanitarium with every intention of obtaining a cure, and then starts right in to break every rule of the institution, knowing that those rules were made to help him in the fight for health.

You must begin by fixing in your mind the fact that you CANNOT "beat the bugs" and dissipate. You can't beat them and drink whiskey; any more than you can beat them and lose sleep.

Now, if you realize that those cannot be helped who will not help themselves; that some men could not win

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a race with a centipede's legs; that no loafing, lagging quitter ever made good—then there is a chance for you. You cannot fail if you reinforce the fight for health with will, ambition and determination, following *to the letter* every instruction given herein.

Study this little book carefully. It contains a gold mine of health information. Practice, *and never forget*, the simple health principles outlined in it, and, barring accident, you may live to a ripe old age.

Following is the story of two real people told for a real purpose. For obvious reasons the names used are fictitious.





## OUTWITTING THE "T. B. BUGS"

### The Real Story

A DECADE AGO, an eminent New York Doctor conceded Ted Blair three months more of life on this planet. To make sure of his having that many months, the doctor bade him spend them in Arizona.

Ted, once a handsome, strapping young giant, with a baritone voice famous in more than one New York cathedral and fashionable drawing-room, was then tipping the beam around 125 pounds, and making his wants known in pale whispers—for with his health had gone his splendid voice.

He was paying a fearful price for having burned the candle at both ends—for that was the cause of his breakdown. His case was one of "T. B.", which is the term the man in the street—and many a doctor today—applies to active pulmonary tuberculosis. Nothing unique about it, save that, whereas "T. B." is popularly supposed to be a disease of poverty and undernourishment, Ted was a fine example of what can happen to a sleek, popular, well-fed young man with a world of "pep" and "jazz" and super-vitality when he tries to squeeze twenty-six or twenty-eight hours out of a solar day and bucks the combination of business and social





**TED**  
in 1910  
on Leaving  
Phoenix  
for Denver



Picture of  
TED  
Taken in 1917  
Showing how  
He Looks Today

## OUTWITTING THE "T. B. BUGS"

life without regard to the limitations of the human body as a power generator.

Utterly discouraged, Ted that fall went back to his home in the Middle West. A social favorite because of his handsome face, stalwart figure and engaging personality, and a musical favorite because of a God-given voice, he was suddenly hurled from business prosperity and social popularity in America's greatest city to the very depths of hopeless contemplation of a consumptive's grave. He went on long, solitary rambles in the snowy woods around his home—the home he had quitted for Broadway a few years before in a glow of hope and ambition and perfect health,—turning over in his mind ways and means of defeating "the Bugs."

His plan of action called for a change of scenery, light and sunshine. With his natural quick decision he said, "Arizona for me", packed up and was on his way. And there, in the dry air and desert sunshine, the deadly "T. B." seemed to pause in its march through his thoracic regions. When June came he decided that Arizona sunshine was too much of a good thing, and migrated to Denver where he entered one of the finest sanitariums in the country. A place where the doctors and nurses conscientiously strive for results and in the great percentage of cases obtain them. A sanitarium such as this, which reclaims to useful life so many "T. B.'s" is

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about the greatest philanthropy in the world. To the philanthropist who endowed this wonderful institution and to the doctor who has directed its destinies for so many years, thousands today turn in gratitude. Blair is one of the grateful ones for in a short time by complying with the rules that had been laid down for him to follow he began to obtain good results. He started to expand and expanded so rapidly that he had to have "V-inserts" let into the waistband of his pantaloons. He couldn't believe it was real, despite the fact that he had determined that that was what was going to happen. After one year of "chasing", a familiar term used in "beating the bugs", he weighed in at 215. That was the "peak weight". Gradually he reached equilibrium at 195, and today his "fighting business weight" is around 190 pounds.

About the same time Ted had received his walking papers from New York to Arizona, a girl from Chicago—a girl he never had heard of, though they were born but a few miles apart—was entering on her second year of the Battle of Phoenix.

A year previously Mary Mack weighing ninety pounds and shaking every ounce of it with the coughs that spell "goodbye" to so many people, was escorted to the train in Chicago by a cohort of former school friends. As she, her father and companion stepped



MARY  
in 1907  
Before Going  
To Phoenix





Picture of  
MARY  
Taken in 1917  
Showing how  
She Looks Today

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aboard, the girls sang, under the pathetic guise of a cheerful vacation sendoff but with their hearts aching at the fearful reality of it, the then popular ditty, "So Long, Mary!" They never thought to see her alive again; for Miss Mack's physician had conceded her six months more among us mortals.

The day Blair left Phoenix for Denver, the following June, it happened that Miss Mack boarded the same train. A mutual friend, who knew both stories and be-thought him that both had outlived their professional allotments of mundane months, introduced them.

Today Mrs. Blair weighing what a normal young woman of her height and build should weigh, and with a ruddy and healthy complexion that is the envy of many a woman friend who never had a conscious ailment,—not to mention saucy, snapping Irish blue eyes that dance with the sheer joy of living whether the occasion demands it or not—ably manages important departments in her husband's business, drives his big automobile when she feels like it, does her own housework and snaps her fingers at the Servant Problem, and generally constitutes another living proof that not every medical prediction is one hundred percent accurate and that the supposedly sure-shot tubercle bacillus can be whipped 'round the stump with plain common sense.

Mrs. Blair,—Oh, yes—that part started almost as

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soon as did the train pulling out of Phoenix for Denver. Miss Mack's Irish blue eyes and blue-black tresses struck deep into the cardiac regions of the big, gaunt chap with the whisper and the hollow eyes.

"Gee!" he thought. "I've got to get well now!"

His wife tells it on him today that the big fellow lost no time. He couldn't entertain the amazingly pretty young woman with the deep toned, impressive stories, for he still worried along without even a speaking voice, much less a singing voice. So he *whispered* the Big Idea, which was that he was beginning to think that after all he had better take a new hitch on Things in General, get back to the old status of "pep" and then—well, let's get to the point: They were married.

And therein lies the nub of the whole tale. From San Francisco to Phoenix came a message to Blair that he was needed in a business that had its base of operations in San Francisco. He first decided to go thither and accept the offer, and then informed his doctor at Phoenix that he had so decided.

"Pure suicide!" exploded the M. D. "Sure death! don't think of it for a minute. Stay right here."

But the old Blair will-power was in the saddle again. He weighed two hundred pounds and could eat nails. He went to the city of nipping sea fogs and brusque sea winds—declared to be one of the last

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places in the world for a "T. B." to hang his hat—and resumed the activities of business. Before he left, however, it was decided that his wife would join him at the Golden Gate as soon as he should become established there.

And, as has been suspected, she did.

Before long he launched in business for himself. No, it was not an outdoor occupation. It was the business of advertising—a sedentary occupation, tending to confine men to office atmosphere and keep them humped over a desk.

Today, as president of the Blair Advertising Company, Ted exhibits to close scrutiny about as little suggestion that he ever harbored a "T. B." bug in his system as does a prizefighter in the pink of condition about to step into the squared circle. Only when he speaks does he show the effect of the battle. A husky speaking voice was all that he recovered. The golden baritone never returned. But—

"Never mind that," says his pretty wife. "You ought to have heard him propose in a whisper on that train!"

Asked how they did it, either will tell instantly: "Just common sense and rational living, plus will power."

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Mrs. Blair herself was another example of how the deadly "T. B." will pounce out of dormancy and into deadly activity in the system of a well-to-do person, living amid comforts and good sanitary surroundings and financially able to nourish the system with the best the market affords. Her case was parallel to that of her husband's.

She also had tried to extract twenty-five and twenty-six hours of living out of a twenty-four hour day. A brilliant young elocutionist and dramatic student, on her graduation she had taken up the profession of teaching in those lines. Years afterward her dramatic teacher said of her: "More than one woman I taught at the same time has since become world-famous on the stage—with far less brilliancy than she."

Popular socially and much sought for her gifts, she, too, failed to recognize the limitations of the human power plant—until the load she imposed upon it "threw the circuit breaker" and the plant had to be shut down for repairs.

Mary had had several hemorrhages and her family physician, who knew her intimately, considered her power machinery only good for the junk pile, nevertheless, something 'way down inside of her told her that the doctor was mistaken and that the machinery wouldn't have to be scrapped,—just sent



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to a repair shop. She knew her idea was right when after a short time in Phoenix she felt benefits from the practice of what she had never known how to do before—"rest."

Another discovery epochal in her life,—likewise made while "fighting in the Phoenix Sector"—was that one can do for oneself what the canniest, most skillful physician in the world cannot do. That discovery, besides instilling in her the very spirit of self-reliance to which she ascribes her remarkable discovery, has saved her and her family thousands of dollars in medical fees.

After going to Arizona, Mary spent just six weeks under the care of the best doctor her father could scare up. She watched him work. He was a good doctor, too. But all he did was to take her pulse and temperature regularly. She decided that she could do those things herself at a far less cost; and so she undertook the job. The fact that her recovery was really more rapid from that time on proved to her that for a normal, thinking person to take personal charge of his or her own physical health—providing, of course, that there's no deep organic disorder requiring the services of a trained specialist, or any broken bones to reckon with—is the shortest way to regain lost health.

She bought a good clinical thermometer, took her

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own temperature and pulse at the same intervals as the doctor had taken them, and kept the same sort of records. And she made the same sort of a study of these records. From it she regulated her every action. Also she made a study of dietetics as she realized that food played an important part.

Many doctors hold up their hands in holy horror at the mere thought of letting a patient know when she is running a temperature, but it is the doctor who takes his patient into his confidence in the matter of pulse and temperature who gets that patient to work with him toward the desired end—who gets real results, rather than the doctor who maintains a good-natured air of mystery such as a father maintains towards a sick child. More and more physicians are coming around to see the matter in the same light. This refers, of course to patients sufficiently well educated and well poised mentally, and in the proper mental condition to co-operate with the physician.

Fear kills more real and suspected "T. B." cases than do the bacilli themselves. Not only fear in the heart of the one stricken, but that in the hearts, minds *and faces* of solicitous relatives. No sick person ever recovers who gives up the fight; and no doctor can effect a cure if, besides the disease itself, he has to fight the depression caused by fear in the heart of his

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patient. That's why the most successful doctors are those with such personalities and dominance of will that they inspire confidence in themselves and self-confidence in their patients.

When you get a combination of a patient with the character and will-power and ability to think and act for himself, and a doctor willing to share the honors of a cure with such a patient, plus real faith in the great goodness of God, you have a combination powerful enough to pull back from the edge of the grave the worst case of illness that ever baffled and defeated a doctor who relied solely on his own science and skill and who for traditional reasons kept his patient in the dark.

Neither member of this now widely-known "anti-T. B." combination has any patience with long-faced sob sisters, male or female, who flock to offer misguided sympathy when their friends temporarily lose out in the eternal battle against the bacilli. Cheer, cheer and more cheer is their doctrine of life.

The Blairs are firm protagonists of the theory that tuberculosis is NOT hereditary; that it is communicable and in a way infectious but not contagious; and that it is easily avoided and prevented and, if contracted, can be arrested by ordinary common-sense methods wherein medicine and drugs have little place.

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Ted invariably waxes interested when doctors are the topic of conversation. While some of his most intimate personal friends are of the medical profession, he has many a good-natured wrangle with them over the old traditional "pig-Latin,"—from the days of the tribal medicine man and his pot of stinking herbs down to the present.

Times have changed, and they keep on changing. The race may devoutly thank its collective self that the day is really here when doctors are devoting themselves more to the *preservation* of health and to the *prevention* of disease, than to the cure of disease already contracted. Physicians, as well as their patients, see a great new light.

But don't get the idea that either of the Blairs considers doctors unnecessary. Doctors are a very real necessity, and do a tremendous good. Their advice is invaluable—when they consent to give it to us. When they learn to take their patients into their confidence and let them share in the work they do, they will double their efficiency to the human race.

That the tuberculosis rate in the world will decrease when the human race manages somehow to learn the science of resting is another plank in the Blair's health platform. The popular fallacy that sleep lost one night for social or other reasons can "be made

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up" the next night or subsequently is one of the pet Blair horrors. They say, basing the dictum on painful personal experience, "It can't be done!"

"I know. I tried it once," observes Blair with a reminiscent grin. "Back in those New York days, I had a deal of night work to do. That is, I thought I had to do it. I had blown in fresh from a small town, with a voice that went big there and was said to be the real lever for my prying loose a big success in the Big Town. It did open the doors for me, sure enough. Then the glamor of it all went to my head. I was studying vocally, and studying hard, singing in this and that cathedral and church, and at many a social gathering. Next night, when I wasn't on some program or other, I would get busy and do the work I had shunted aside the previous evening. I slept when I could find the time—and when a chap lives in bachelor apartments he is apt to find almightly little time for that which he needs more than anything else in the world, not excepting food.

"It soon 'got me.' I had spent my early years in just the sort of work that ought to equip a man for perfect health, for my father was a contractor and I was employed in that business. But, along in 1908 somewhere, I felt myself slipping. I laughed at the



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idea and went on overdrawing the account, burning the candle at both ends and in the middle. Why should I admit that I had limitations? A great big athletic fellow like me?

"Then the cord snapped all of a sudden—and you know the rest."

It cost the Blairs several thousand dollars to learn how "to beat the bugs". Since then all it has cost them has been adherence to the ordinary common-sense rules of health, plus a few additional rules made necessary because they both overdrew their accounts at the Bank of Health and had to make good the overdraft. That is one reason why they want to pass on their experience so that others may benefit without such expenditure.

The Blairs are interesting examples of what can be done to fight and defeat the "T. B." bug; but they are unique in another accomplishment also and that is the attainment of a wonderful happiness in their love for each other, something rarely to be found among married couples of today.

If these "confessions of an ex-T. B." help any young man or woman who may be trying to do the same sort of thing, or awaken any one to the realization of the truth that the human motor will burn

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out under overloads just as surely and certainly as will an electric motor, the Blairs are both glad to have opened the pages of their health account book to public inspection.



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*"Every rule of health observed is equivalent to a deposit in the Bank of Health. Every neglect of the body or harmful indulgence is a check drawn on that bank."*

### "T. B." Curable--Heredity

**T**UBERCULOSIS is an infectious and a communicable, but not a contagious disease. It may be:

AVOIDED  
PREVENTED  
CURED

Most human beings have a natural resistance to tuberculosis, and with ordinary good fortune and attention to our food and surroundings we can stave off the "white plague" until old age or some other cause brings us to the grave.

Arresting "T. B." (or, as many call it, consumption or decline) is simply a question of fresh air, good food, sleeping outdoors, eating heartily, resting absolutely, keeping the bowels open, avoiding all infection and maintaining a cheerful, confident frame of mind.

Contrary to popular belief, "T. B." is not necessarily inherited (though when it seems to run in a

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family, there is apt to be a natural tendency that will bear watching). The shape of the chest, and the lung capacity, should be developed in children of families with such a tendency.

When adults develop active tuberculosis it may not be a new infection, but only the development into activity of germs that they may have carried in their systems since childhood. Any man or woman may carry tuberculosis germs about in the mouth, throat or nasal passages; but unless one's blood and vitality be run down there is not much danger of the germs doing any harm.

Up to a short time ago, one out of every eight persons died of tuberculosis. Seven in every eight had tuberculosis.

People like the Indians, who have been accustomed to an outdoor life, are less infected under those natural conditions; but if they are housed up, and are brought into contact with these microbes, they have no immunity wherewith to fight them off and they die like flies

It was not until long after mankind began to cluster together in confined and congested shelters, such as tenements in dusty cities, that "T. B." became a human affliction. This is why a big part of the cure is continuous fresh air.

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### *Fear Versus Confidence*

THE GREAT factor in the fight against tuberculosis is to find out where you stand. Don't be afraid to learn the truth. You can't fight something you do not know. If you can get your mind in a state where you don't fear tuberculosis you can combat it successfully, even though you may be well along in the second stages.

We humans haven't yet learned how properly to fear things our eyes can't clearly see. If "T. B. bugs" were as large as elephants we would see them in their true proportions; but because they are individually so insignificant, we don't consider their numbers, and fail to acquaint ourselves with the appalling fact that many of us pay as much to feed them as we pay to feed our stomachs.

Mere fear kills like a lightning stroke, by paralyzing the nervous system, whereupon the bodily machinery tears itself to pieces through loss of central control. It is too much to suppose that the imagination ever broke or set a bone; but it has either saved or lost the life of many a sick person, according to the way in which it happened to be directed—either by the will of the patient himself, or by the guiding influence of a doctor or a nurse.

The successful doctor is the one who enters the

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sickroom with his face full of cheer and masterful confidence, and not with his expression stern and mysterious and his pockets full of pills.

That nurse is well worth her pay who keeps her patient cheerful and confident. It is not sympathy that heals. Too much sympathy sometimes kills. It is *confidence* that does the good work. The best way to combat disease is to meet it squarely with your own will.

While there is a point in tubercular condition beyond which cure is impossible, nevertheless no one but God alone can tell when a patient has passed that stage; so it is always well to make a well-determined effort of the will itself to overcome the disease. When patients are given up by doctors they sometimes recover; but when patients give themselves up they rarely can be saved.

Believe with all your might in your powers of resistance. Think of recovery, not of death; and do your utmost to persevere in the habits that will help you win.

Fear of "T. B." has added terribly to its casualty list. There are diseases far worse than "T. B.," but the human race hasn't the same fear of them. Eliminate the element of fear and your battle is partly won at the outset.



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### *Bad Habits to Avoid*

**Y**OUR LIFE is worth a good deal to you; and you will find that if you live regularly you will get a great deal more out of it than by dissipating and abusing your body.

There is a difference of opinion as to what constitutes pleasure. If you prefer a short life and a merry one to a long life and a happy one, there is no use in your trying to subdue the "T. B." germs. You will not succeed. If you think that waking up in the morning feeling like the Wrath of God, with no "jazz" nor "pep," is ideal, there is little use of your attempting to fight the germs. But—if your mind is made up that you will never be a member of that dark brown morning-after club; that you want to feel when you awaken as fresh as a two-year-old, with a sweet taste in your mouth and ready to take up the day's work with a vim, then you can "beat the T. B."

Are you ready, then, to step out and fight on these terms?

Then fix these "NEVERS" in your mind and from now henceforth keep them in full force and effect:



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### *Never*

- wet the thumb or finger in the mouth to turn pages or count money.
- wet the tip of a lead pencil in the mouth.
- moisten a stamp or an envelope with the tongue.
- touch liquor of any kind. (If you believe that drinking liquor is indispensable to you, don't try to fight the "T. B." Some may think otherwise. It is an established fact, however, that you can't fight the "bugs" with booze.)
- spit on the floor, private or public. Use a sputum cup.
- swallow sputum.
- cough or sneeze without covering the mouth and nose. Try to control your coughing. It becomes a habit.
- permit yourself to become excited *in any manner*. It sends up temperature and is dangerous in hemorrhage condition. (Many sanitariums find it advisable to separate the sexes entirely.)
- use rugs or drapes in your living rooms. They are germ catchers.
- dry-sweep a patient's room or, if you are a

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patient, permit it. It is a prolific way to spread germs.

—sleep with another person. You might infect another with your breath. Sleeping alone is conducive to better repose.

—use tobacco *in any form*.

—touch the face with the hands unless absolutely necessary. The hands invariably carry germs, and the face is the direct route into the system.

You will have to make up your mind at the outset that "chasing the bugs" is considerable of an undertaking. It means a lot of sacrifice. If you are big enough to give up for a short time some of your wilful habits, and adhere to the "nevers" and "don'ts" outlined in this little book, you will succeed in your efforts; but if you go at it in a half-hearted manner you will gain nothing and get nowhere.

Make up your mind, then, that if you can't go into the fight hide, hair and sole you will be wasting time to begin at all.



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### *Pessimism Versus Optimism--Hope*

YOU WHO set out to combat tuberculosis should remember that it took you years to reach your present condition, and that you cannot expect to rid yourself of all those germs and become well and strong within a few months. Just make up your mind that if you have patience and live properly you will slowly but surely rout the invaders and win your battle for health.

To patience you must add an optimistic outlook on life and affairs generally. There is no other place in the world where a smile is such an effective weapon as in this war upon "T. B."

Develop your imagination. Start in by figuring the wealth you are going to accumulate. Build air castles. Think of all the philanthropic good you can do with this dream wealth—the sanitariums and hospitals you are going to endow, the wonderful business ventures you will undertake. Think of everything possible to stimulate an optimistic outlook on life.

Calamity has no pet days nor favorite dates. Accidents are bound to happen in the best regulated calendars; but nothing is hopeless before imagination and faith.

"Incurable" is a temporary word in every disease.

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If a wire pole and a pot of acid can spit speech between two continents—if a woman born blind can be made to see after twenty-five years in the dark—if trains can be driven over the Rocky Mountains by the power of waterfalls along the way—if a ten-cent store can be managed well enough to pay for a fifty-five story building—if a simple skull operation can reform a criminal—then it's about time to muzzle pessimism (the "can't-be-did" stuff) in fighting tuberculosis, *a disease that may be conquered.*

Worry never helped any cause. A man fighting "T. B." must not worry, or *all effort will be lost.* Life is just the interval between one breath and another, anyway—so why worry? We seldom become anything except what we desire to become, and it is equally true that often we do become what we confidently expect to be.

Our minds should be governed by faith, not fear.

Fear includes pessimism, dissatisfaction, grief, anxiety, despondency, worry, moroseness and vacillation.

Faith is expressive of optimism, satisfaction, happiness, confidence, assurance, hopefulness, cheerfulness, courage and determination.

It is hard to be patient at times, in this fight that takes a long time; but impatience with circumstances

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will not improve them. The law of compensation is always working, and we must earn our way towards the desired goal. \* We must believe in ourselves. We cannot make a mistake in giving our ego the benefit of the doubt, and giving Providence a chance to help us. Remember that we are, to a large extent, the arbiters of our own destinies.

Optimism at its best is wise and cautious; so practice optimism in its true sense, for each daybreak is a token of encouragement—a promise to some—a fulfillment to many—an inspiration to all. Discouragement means defeat, so let it not enter your thoughts.

In mind, be cheerful and hopeful.

In body, be a "naturopath"—a fresh air seeker.





*Are you adding daily to your health balance? Or are you drawing constantly upon your physical resources? Are you living on the credit or debit side of life?*

## Causes of Tuberculosis

### SYMPTOMS

**I**MPERFECT breathing, lack of fresh air, irregular and insufficient sleep, lack of proper exercise, insanitary surroundings, lack of nourishing food or improper combination of food, use of stimulants, dissipation, overwork, overstudy, thoughts of fear, jealousy and hate that poison the blood—any one of these, or combinations of them, plus “bugs,” may cause tuberculosis.

Parental care of children, as to tonsils and adenoids, may save them, in later years, from tuberculosis.

Your chances for recovery depend upon an early diagnosis. The later in its course the disease is discovered, the less chance there is for recovery.

Here are some facts about tuberculosis, and the signs of its approach, which if heeded may save your life:

## OUTWITTING THE "T. B. BUGS"

A hemorrhage from the lungs usually means tuberculosis; but blood coming through the mouth may not come from the lungs at all. It may be from mouth, throat or head, or may be due to the rupture of a blood vessel by coughing. The blood from the lungs is pale pink and frothy.

A subnormal temperature (by clinical thermometer) in the morning, and a rise in temperature in the afternoon, occurring regularly every day over a period of several months, means "T. B." ninety-nine times out of a hundred—and the hundredth time, too, unless that can be otherwise accounted for by a physician.

A low blood pressure (taken with a proper instrument) is suggestive of tuberculosis.

A cough that lasts over two months would suggest "T. B.," and should call for an examination by a competent physician.

Tubercular bacilli in the sputum are a positive indication of "T. B."; but the diagnosis should have been made long before these can be found.

Night sweats, loss of appetite and marked loss of weight, are also symptoms.

Severe diarrhoea, running for a long time, is beyond symptoms. It usually indicates an advanced stage of tuberculosis.

## OUTWITTING THE "T. B. BUGS"

Loss of voice, or husky voice is another symptom.

X-ray photographs of the lungs can show the presence of tuberculosis two years before actual symptoms otherwise appear.



## OUTWITTING THE "T. B. BUGS"

### *Teeth and Mouth*

THE ALIMENTARY canal is about thirty-five feet long. Three inches of it are just behind your teeth. The meat of this "T. B." nut is right there in these three inches.

At the same time your system is throwing off germs, it is taking in other germs. If you take in as many as you throw off, you are making no progress. To establish yourself on the road to recovery, therefore, you must throw off more germs than you take in.

How can you do this?

Make it a point—yes, make it part of your daily religion—to keep your mouth and nose clean, thus robbing these deadly "bugs" of what is virtually their main entrance into your system.

If otherwise good food is mixed with germs, the value of the food is lost and it may become a poison to you. That is why plenty of time should be taken to cleanse the mouth and teeth before, as well as after, every meal. In this way you may avoid taking new "bugs" into your system with your food.

If you eat the right kind of food, and take the proper rest, you will daily throw off a certain number of germs in excess of the number you take in. Soon you will have more than enough leucocytes (white

## OUTWITTING THE "T B. BUGS"

blood corpuscles, the little scavengers of the blood) and new vigorous red corpuscles, to arrest your case. And—once you succeed in *arresting* your case, then a little more perseverance will make you well again.

Returning to the mouth: See that your toothbrush is "*kept clean.*" Use a good antiseptic mouth wash. Have your teeth competently examined for pyorrhea. If you have pyorrhea pockets, don't hesitate to have the teeth extracted—if your dentist thinks the trouble cannot be cured by treatment. The poison seeping constantly into the system from pyorrhea pus-pockets overtaxes your heart, kidneys and liver.

Never kiss anyone on the mouth if you can resist; nor allow anyone to kiss you on the mouth. Affection can be demonstrated without direct contact of the lips.

Maintain a personal drinking cup, and never use any one else's.



## OUTWITTING THE "T. B. BUGS"

### *Germ and Contamination*

SOME people object to the idea, the mere thought, of germs, microbes, bacteria and the like. There is, nevertheless, an insect life; an invisible, microscopic life, inimical to mankind and thousands of times more deadly than poisonous reptiles and the most terrible war machines.

Filth, ignorance and poverty breed and encourage such insect life.

Cleanliness, enlightenment and education dissipate and discourage these micro-organisms.

The hairy, dirty feet of flies carry disease germs to unprotected food. Unwashed raw fruits and vegetables are dangerous. It is a fact that microbes exist although they are invisible to the naked eye; and they cause disease; but—they can be fought and downed.

The power of man to understand and combat disease is marvelous—when he stops shivering with fear long enough to use his brain. There are people who are very contemptuous of the "germ theory." They are somewhat like the old-fashioned doctor whose daughter was found by the school inspector to be infested with the carriers of typhus. Her reply was:

"Oh, that's nothing! Papa says *that's* a sign of health in children."



## OUTWITTING THE "T. B. BUGS"

Apparently sensible people have been heard to remark that mosquito bites are good for rheumatism—yet they were at the time shaking with malaria due to mosquito bites!

And so it goes.

Admitting that germs do exist, and do cause disease, there is no need for fearing them. Healthy people always have many germs in their mouths and nasal cavities—including "T. B. bugs"—but those germs can do them no harm while they keep their blood and vitality built up. The germs are always ready, though, to pounce on a weak spot if we allow ourselves to "run down."

So the idea is to aim at building up the blood. Vitality will follow, and disease will be overcome.

Face the truth, and do your best to "fight the bugs"—but above all keep your sense of humor and practice patience.

### THE HEALTH SEXTET

<i>Food</i>	<i>Rest</i>
<i>Sun</i>	<i>Air</i>
<i>Water</i>	<i>Exercise</i>

## OUTWITTING THE "T. B. BUGS"

### *Night Air---Fresh Air---Draughts*

**B**REATHE through your nose.  
Cold fresh air will never kill you.

Germ-laden air and bad ventilation *may* kill you.

When Cassius is sick, it is not daring the "vile contagion of the night" that has made him so; for night air can be safe and pure, despite widespread belief to the contrary.

This notion that night air does harm, arises from the fact that people out at night are losing necessary sleep, and probably abusing their stomachs. Then, the next day, if they have a cold, it is blamed on the night air.

Of course, the body must have proper warmth day or night. As to the air of the night as compared to "day air," it has been proved that outdoor air is much purer in a given location at night than it is during the day. At night the atmosphere is cleansed by the precipitation of dew and frost; for moisture, as it falls to the earth, carries with it from the air the particles of dust and smoke that pollute it.

You therefore need have no fear of sleeping out in the open—or at least having your windows wide open at night. Fresh air is a recognized remedy for

## OUTWITTING THE "T. B. BUGS"

both pneumonia and tuberculosis, and is a preventive of disease generally.

Don't be afraid of draughts. If you are properly dressed a draught will not hurt you. Avoid ill-ventilated theatres and such places where crowds gather. Do not sit in a room with another person unless there is a window open. Work in daylight if possible. Above all things, get all the fresh air you can, both day and night.



## OUTWITTING THE "T. B. BUGS"

### *Temperature--Coughing and "Raising"*

**H**OT HEADS and cold feet have always been silent partners in every bankruptcy.

That has always been true also in the case of the fight against "T. B."

One of the vital factors in fighting "T. B." is watching the temperature. Buy a clinical thermometer of approved make, take your own temperature, and *keep a record of it.*

Some contend—and many doctors contend—that it is better for a patient not to know when he is "running temperature." If you have temperature, however, you will be aware of it anyway; and if you gamely face the fact and persevere in the proper preventive measures, you can gradually reduce it—better, we believe, by far, than if kept in ignorance. Ninety per cent of business is in the failure class because it doesn't want to know what it costs to do business. Know your own case and you can handle it and yourself that much better.

The main thing in treating for temperature reduction is absolute rest. Lie flat on your back, with arms relaxed at your sides. Do not read while lying down. If running temperature do not read at all—even sitting up.

## OUTWITTING THE "T. B. BUGS"

Bathing the feet will often draw the heat from the head and aid in general reduction.

Take your temperature before breakfast in the morning. You will usually find that you are sub-normal, or at the most just normal. That should prove to you what rest will do towards holding down temperature.

After eating, one's temperature usually rises a little, but this is not alarming. Take your temperature about two hours after each meal. You will find that each day, if you persevere in your efforts for health and follow the hints set forth here, your temperature will be a little less than at the same hour on the previous day. Of course, at first it will probably take many days before any decrease is noticeable. Occasionally when your hopes are high that you have almost reached normal your temperature may begin to soar again. Don't let this discourage or alarm you. Dig right in and "play the game over."

One does not have to remain in bed all the time. Stay there in case of hemorrhage or when running temperature. Manage to get ten hours of sleep or more, regularly. Sleep outdoors, no matter what the climate—but be dressed to fit your climate. (Refer to the chapter on "Sleeping" for suggestions as to dressing for outdoor sleeping).



## OUTWITTING THE "T. B. BUGS"

A patient *MUST* avoid taking exercise too soon after the temperature has been reduced for the first time to normal.

Never remain up after nine o'clock at night until you are positive you are entirely well. Never go on the theory that if you lose a couple of hours of sleep one night you can "make them up" by sleeping two hours extra the next night. Sleep lost is gone forever so far as restorative power is concerned. You never can regain it.

An hour's rest before and after each meal helps keep down the temperature and aids digestion.

\* \* \*

Coughing and "raising" are another important phase of the fight against "T. B." If you are "raising much," as they say, forego all violent exercise. When running temperature and "raising," exercise is strictly taboo.

Provide yourself with several sputum cups, which are made of paper, and are for sale by all druggists. Use these for expectoration *and then burn them*. Expecterating into handkerchiefs that someone else has to wash will spread the disease.

Dishes used by a "T. B." patient should be thoroughly scalded and washed and kept for the patient's use alone. The patient should not feel resentment

## OUTWITTING THE "T. B. BUGS"

over this, as it helps him by preventing the spread of his malady and by keeping his own condition sanitary.

*Never cough nor sneeze without covering the mouth and nose with your kerchief.* It is not only the proper sanitary preventive, but also an act of politeness that all should practice.



## OUTWITTING THE "T. B. BUGS"

### *Drugs*

NATURE is forever working overtime to keep people well. Most disease (the word disease means "lack of ease") limits itself and finally tends toward curing itself. However, Nature cannot do it all. She must have our cooperation. Thus, many turn to drugs.

Drugs are a necessity in emergencies, but should be prescribed by a doctor. When given to a person suffering from malnutrition, for instance (and every "T. B." is in that class) they only compound his troubles instead of helping. However, heart stimulants and hemorrhage hypodermic injections are often imperative.

While drugs do sometime palliate suffering, by stupefying the nerves that carry pain messages to the brain; they cannot cure, as they have no power to build up tissues and blood. Beware of patent medicines and cure-alls. No medicine can reach the lungs. That is why fresh air and good food and general building up are the best remedies.

## OUTWITTING THE "T. B. BUGS"

### *Clothing*

USE GOOD judgment in choosing your clothes, as they play a large part in your battle for health.

Do not dress too warmly, as perspiration in winter causes many colds. Try to keep your body at a uniform temperature. Perspiration in summer is not so dangerous.

Absolute cleanliness is a prime necessity. In the winter time, two days wear for hose and three days for underwear should be the limit. In the summer time change the underwear and hosiery every day.

There should be no pressure anywhere about the body. Women should not wear corsets. Men should not wear belts, nor stiff, tight collars, nor garters around the calves of the legs. Don't lace your shoes too tightly. Wear collars a size or two too large.

In wearing collars, care should be exercised to avoid pressure on the thyroid gland. This applies to both men and women. Enlargement of the thyroid gland is known as goitre. Pressure of any sort on the neck is liable to injure this gland.

Women should wear white or light colors. Never wear black. Dark colors are depressing. Light colors are cheering. A cheerful frame of mind plays a large

## OUTWITTING THE "T. B. BUGS"

part in beating "T. B."

Men will find it more than a mere hobby to adopt the wearing of white wash ties all the year around. They are swagger, and will be a constant reminder of the necessity for clean underwear, clean outer shirts and collars, clean socks, etc. These ties are, moreover, the most economical a man can wear.



## OUTWITTING THE "T. B. BUGS"

### *Climate*

LET IT be understood that it is possible to regain health in any climate. Where ailing persons can live outdoors in warmth and comfort, however, a quicker and more pleasant cure is possible.

While it is claimed that tubercular people who regain health in frigid climes have a more lasting cure, yet there is nothing that helps along a cure as fast as light and sunshine. People grow dull and torpid in an unpleasant, depressing atmosphere. Sunlight is golden with health dividends. It is claimed that a tubercle bacillus lasts just seven seconds when exposed to the direct rays of the Arizona sunshine. If our germs were all on the outside of our bodies, we could quickly kill them with an air and sunshine bath. Nevertheless, air and sunshine aid greatly when penetrating from the outside inward.

Warm, dry climates have one drawback. That is dust. When caught in a dust storm, as will happen in an arid climate, take out your handkerchief and breathe through it.



## OUTWITTING THE "T. B. BUGS"

### *Water---Sun---Air---Baths*

UNDOUBTEDLY there is great virtue in the sun. Sit or lie nude near a window through which the sunshine enters, or right out in the sun if you can arrange to do so. Cover the head for protection from intensely hot sun. Air and sun directly reaching your skin are most beneficial. Everyone should walk around the bedroom nude occasionally. Our bodies get little enough ventilation, day or night, always being clothed.

Be sure to wash the hands very carefully before eating, and keep your fingers out of your mouth.

A thermal bath (of hot steam) is excellent to relieve congestion. Free expectoration is thus stimulated. If mucus is present in the passages, it must be raised; so do not fear to bring it up. By opening the pores of the skin, as they will be opened by a steam bath, the whole sewerage system of the body becomes more active, throws off impurities and relieves the afflicted parts and tissues.

Keep your body clean; but, if you are in a greatly weakened condition, don't bathe too often. No one, however, should go a week without at least a warm sponge bath. When you take a warm tub bath gradually allow the water to cool off while in it.

If inclined to hemorrhages beware of cold show-

## OUTWITTING THE "T. B. BUGS"

ers. Cold baths are usually too much of a shock to one in a weakened condition. Salt baths are beneficial. After any sort of bath a person should lie down and rest for a while before dressing.

Keep the hair properly cleansed and shampooed.

*Never use another person's soap or towel.*

Olive oil rubs are excellent for "T. B." patients. Someone else besides the patient should do the massaging. Massage half the body one day and the other half the next day or later; as olive oil is rich, and if the whole body were covered with it at once the patient might be distressed, as it affects digestion. Olive oil is the only oil that can enter the pores of the body.



## OUTWITTING THE "T. B. BUGS"

*Water, air and sunshine  
are Nature's greatest tonics.*

### *Sleeping and Living Surroundings*

SLEEP and live entirely outdoors if you can. If you cannot do that, keep the air of your living and sleeping quarters fresh and pure, and avoid close, stuffy, ill-ventilated places—especially those where many people are assembled. Tuberculosis is a disease of improper housing, not one liable to be contracted in the open air.

When you retire at night, do so with intent to "sleep through"; but, if you should be wakeful, have a covered pitcher of drinking water and a glass on a table within reach. A urinal vessel within easy reach is also a comfort.

If you live in a cold climate, place a piece of building paper between the mattress and the springs of your bed. Nature should keep you warm if you are dressed properly. Have an electric heating pad at your feet if you suffer from cold extremities; or take a two, three or five gallon jug, fill it with water nearly boiling, cork it tight and place it between the sheets

## OUTWITTING THE "T. B. BUGS"

at the foot of the bed. It will not only keep your feet warm, but will heat the entire bed.

It is an absolute necessity to be warm and comfortable. Wear heavy woolen bed-socks, heavy woolen mittens, and a woolen cap that buttons around the throat and extends over the shoulders. A "Red Cross helmet" of knitted yarn, such as our soldiers used in France, is an excellent night head covering.

If sleeping outdoors where it is below zero, it is advisable to supplement the suggested head covering with a nose piece of wool that has an opening at the nostrils, thus leaving only your eyes, nostrils and mouth exposed to the low temperature.

Never cover your face with your bedclothes. You must be able to breathe plenty of pure air.

Have your bedding of bright colors, and scrupulously clean. White semi-sheets are advisable to cover the ends of the blankets near the head, for obvious sanitary reasons. One is constantly breathing on the upper ends of the bed clothing, and these sheets can be washed often. Use a light blue or white washable spread. Change the sheets and pillow cases *at least twice a week*, and every day if you can afford it.

Bright cheery surroundings in living rooms and bedrooms play a most important part in the "T. B." chase. The walls of a bedroom should be tinted in

## OUTWITTING THE "T. B. BUGS"

pale colors. Good paint is easy to wash and white woodwork helps wonderfully in cheering a patient. Eliminate all dark and sombre hues in your rooms. For washing furniture, metal surfaces and floors in the room of a tubercular patient, use good strong soap (soft soap). For washing hands and face use tincture of green soap.



## OUTWITTING THE "T. B. BUGS"

### *The Blood*

THE BLOOD is the life stream of your existence. It consists of a fluid called the lymph, in which float the red corpuscles that give it its color, and the fighting leucocytes or white corpuscles that are the scavenger policemen of the blood system. Lower the quality and supply of the blood, and you ruin the human machine.

While it is true that the circulatory system is the channel of life, it is also true that it can become a channel of death. The circulatory system is like a sewerage system in that if it becomes overloaded with poisons, you become ill. But it is just as dangerous, if not more so, for the blood to become too thin.

Life is a continuous process of building up and tearing down. Just as the blood, through the arteries, carries to the various parts of the body the food needed to build up the cells, so it also, through the veins, carries away from all parts of the body the waste material that has been torn down. The stress and rush are tremendous. Not a fraction of a second's delay is ever permitted, for the waste materials are poisonous and must be taken away immediately, while the nourishment to take their place must be supplied.

The battle against "T. B." is a battle of building up



## OUTWITTING THE "T. B. BUGS"

the blood so that the blood can perform better its purifying functions and thus "kill the bugs."

Some tubercular patients have hemorrhages. Others have not. Hemorrhages often occur in the early stages. A loss of much blood, from a severe hemorrhage is hard to make up; but perseverance will accomplish it. Beef juice or beef broth are an aid in such a case. If hemorrhage occurs, it is well to call in a doctor or a nurse; for a hypodermic injection proves an immediate aid. In slight "spitting of blood," eating salt or cracked ice and keeping the body (*and mind*) perfectly quiet, usually helps to stop it. Ice about the throat also helps.

Often a slight loss of blood is due merely to the bursting of a small blood vessel from coughing. Many times blood coming from the mouth is in reality from the head or nasal passages, as a nose bleed, and not from the lungs at all. Ordinary nose bleed may be stopped by pressure on the hollow place under the eyebrows, or on the upper lip.

In cases of hemorrhages or apparent hemorrhages, first of all the patient must not become "panicky." Absolute calmness may be the means of saving a life. There is nothing to be done, to avoid recurrence, but to maintain absolute rest and take thorough nourish-

## OUTWITTING THE "T. B. BUGS"

ment. Rest is paramount. To use a paradox, one must not get tired of resting.

*Rest!*

*Rest!!*

*Rest!!!*

*Rest!!!!*

*Don't wait 'till you are weary.*



## OUTWITTING THE "T. B. BUGS"

### *Rest and Exercise*

**B**EFORE and after eating, recline.

When you rest, rest in every sense of the word.

Eliminate all restless and unnecessary movements of the body. Apply the same process to your mind. Try to "make your mind a blank." Don't think. Shut off your brain.

Never recline with your arms over your head. Let your arms lie at your sides. Just relax—entirely and absolutely.

Cultivate physical poise and muscular relaxation at all times. Avoid mental stress and anxiety. Cultivate serenity of mind. Don't worry. Worry is a destroyer of tissue.

A couch in a business office is a wonderful preservative of nervous force, even if one reclines but fifteen minutes in the afternoon—preferably after lunch.

Never exercise when running temperature.

A "T. B." should always be wary of arm exercise. The infected lungs are like a sore on a finger joint. If you keep exercising the finger you keep the sore open and agitated all the time. Arm exercise thus disturbs the affected lung tissues. Rest helps them to heal.

Take moderate exercise when free from tempera-

## OUTWITTING THE "T. B. BUGS"

ture. Leg exercise helps the bowels and will not hurt the lungs. Lie down, draw the legs up to the chin, and then straighten them out. Massaging the abdomen will stimulate bowels; but you had better have someone else do the massaging. Raise the body at the buttocks and lower it gently. The "muscle dance" movement is a good aid in stimulating peristalsis of the bowels.

When one is entirely free of temperature, and has been so for a few months, walking is beneficial. Begin with a very short walk—a few yards only. Then increase gradually, say a block; and more daily. Strength will gradually be regained.

When one has not shown temperature for, say, a year, and is virtually well, normal living may be resumed and normal exercise taken. But one who has ever had active "T. B." must always thereafter live with care. That does not mean continually thinking of what should and should not be done. It means only to observe the natural laws of health—which everyone should do at all times.

Exercise is essential to the wellbeing of a perfectly well person. When one is well, a flexing and tension exercise night and morning for hands and arms—say six times for each exercise—is beneficial; as also is a bending of the body at the waist line. Try to touch the floor with the hands without bending the

## OUTWITTING THE "T. B. BUGS"

knees. Kick the legs out from the hips, in regular cadence. Swing the head around in a circle, and swing the trunk, bent at the waist, in a semi-circle or almost a full circle from the waist as a pivot.

The United States Army "setting up" exercises are excellent if used judiciously. The Army's "Manual of Physical Drill" can be obtained by anyone at a bookstore handling army publications, and is worth the purchase price.



## OUTWITTING THE "T. B. BUGS"

### *Breathing*

**I**MPERFECT breathing, imperfect nutrition—imperfect health.

Imperfect breathing and a perfect diet will not accomplish health.

Perfect breathing and an imperfect diet will not do; BUT

Perfect breathing and a perfect diet, with the the proper rest and sanitary surroundings, will arrest the T. B. bugs.

Perfect breathing properly oxygenates the blood, supplying it with the proper vital force to successfully outwit the T. B. bugs.

Breathing may be considered the most important of all the functions of the body, for indeed all of the other functions depend upon it. A diseased lung is evidence of improper breathing. Proper breathing increases the power of resistance to disease. Lack of natural and correct breathing habits is usually found among those afflicted with tuberculosis.

One generation of correct breathing along with proper diet, rest and sanitary surroundings would practically eradicate tuberculosis.

Unquestionably all sufferers from tuberculosis of the lungs, are "top" breathers, which means they use only the upper part of the chest and lungs. This is the



## OUTWITTING THE "T. B. BUGS"

very worst form of breathing, as it allows so little air to enter the lungs.

There is a middle form of breathing which is an improvement on "top" breathing, but does not permit the air to reach the lower lobes of the lungs.

What the T. B. should strive for is the complete breath, the kind that sends the air to all parts of the lungs.

However, there is one thing a T. B. must remember in any change from his usual habit of breathing and that is to make the change slowly and gradually. Never overdo. Complete breathing in itself is an excellent thing, but it cannot be brought about suddenly. Six or seven times a day, at the start is sufficient for a T. B. to practice the following exercise to establish the habit of complete breathing.

Breathe through the nostrils, steadily, sending the column of air direct to the lower part of the lungs. This will bring into play the diaphragm, which is forced down on the abdominal organs, pushing forward the front walls of the abdomen. (Place your hands on abdomen so you may feel this movement). Then allow the air to come up to the middle part of the lungs, expanding the lower ribs. Finally send the air to the upper part of the lungs, protruding the upper chest and breast. In this last movement, the abdomen is drawn in, the diaphragm raises up and the upper part of the lungs become filled. This is not three distinct move-

## OUTWITTING THE "T. B. BUGS"

ments. It is one continuous action. Be careful of jerky inhalations. Try to attain smooth action. A little practice will overcome any tendency to make three distinct movements of this exercise. Two seconds is all the time necessary for complete inhalation. Exhale slowly. When the air is entirely exhaled, relax the chest and abdomen. Concentrate and practice this exercise until it becomes an automatic action.

By this method of breathing, the air cells of the lungs are exercised. The chest cavity is expanded. In one exercise, you have a combination of "top," middle and bottom breathing, a uniform, continuous complete breath. At the end of an inhalation, occasionally raise the shoulders to allow the air free passage into the small upper lobes, the favorite breeding places for the T. B. bugs.

No breathing exercise is of much, if any benefit, unless taken in the fresh air. Forced breathing usually makes one dizzy; so strive to acquire complete breathing, but take it easy.

When a patient is well recovered, he should try, while walking, to take in the breath for six steps, holding it for the next six steps, exhaling slowly for the next six steps. Do this ten or fifteen times a day. Increase the intervals to seven or eight steps or more, if you can without discomfort. When you walk and breathe naturally and normally, you are well.

## OUTWITTING THE "T. B. BUGS"

### *Moderation*

**L**OCKED within yourself you hold an all devouring giant, which once unleashed, will make you absolute slave to its will and nils. This monster is immoderation and the only safe imprisoning bar to hold this giant back is Moderation.

Moderation in all things. In luxuries, else you become one of those pitiful slaves to dissipation. In your work, else you become a mere machine, incapable of living a life beyond work in its limits, dreams or aspirations. You must be moderate in life itself, else you spend your small span prematurely, and prematurely, pass into oblivion.

Without moderation, one becomes a slave to one's dominating tastes, inclinations and passions. If you are to win your fight against the T. B. you must become a rational being, and if you are to become a rational being, you must possess, in its greatest sense—Moderation "the silken string running through the pearl chain of all virtues".

Just as it is necessary to use discretion in matters of diet and cleanliness, so it is equally important to use common sense, care and good judgment in fighting the

## OUTWITTING THE "T. B. BUGS"

T. B. bugs. Make it a rule to strike the happy medium in life.

Be moderate in the use of all save three things: Fresh air, sunshine and drinking water. Be prodigal in the use of these three.

Be calm, find and do work that you like, and strive for real love.



## OUTWITTING THE "T. B. BUGS"

### *Constipation*

**N**EVER allow yourself to become constipated. Auto-toxemia sets in (that is, self-poisoning) and does almost as much harm as tuberculosis itself.

After the food leaves the small intestine and enters the large intestine of the "colon" (the big bowel), it has entered the sewerage system of the body. Nature intended this sewerage should be removed quickly; but the majority of people neglect to heed nature's call. Water and exercise are two of the important factors most neglected. To deprive the body of these, prevents the colon from having sufficient fluid to properly moisten and loose the waste matter. Lack of the proper amount of moisture hinders the waste matter from being dispelled from the system, quickly. Lack of fresh water to permit nature to properly function, compels the system to draw back through the walls of the colon some of its contaminated liquid. The drying up and hardening of the matter in the colon shuts off the free passage for this refuse and the result is constipation. The walls of the colon become encrusted with layer after layer of dried up waste matter, some of which remains for a long period and general poisoning of the system is the result. Cathartics do not remove the old faecal matter. They simply loosen up what is in the stomach and small intestines and pass it

## OUTWITTING THE "T. B. BUGS"

off through the little opening in the hardened faecal matter with which the walls of a badly constipated colon is lined. Don't neglect nature's call. Never let a day pass by that you haven't drunk at least two quarts of water. You can't win your fight with the T. B. bacillus if you are carrying around with you a sewerage system that is in a filthy condition. Get rid of this foul condition if it exists. Keep your bowels clean. While it is necessary to remain in bed in some stages of T. B. one may become constipated. However, nature responds well to established habits. Get the habit of having the bowels move every morning, directly after breakfast. Whether you have the inclination or not, go and try. While sitting on the stool move your body around and backward and forward to stimulate the peristaltic action. If, however, the bowels refuse to move, resort to the enema.

Here is a simple way to apply the enema. Use an ordinary fountain syringe or plain hot water bottle with tubing and a small nipple attached. Take a pint of warm water and place in bag. Hold the water in tube until after you insert the nipple in the rectum. Then allow the water to run in slowly. Try to hold the water as long as you can before allowing it to pass out. The next night use a quart of water in the enema. Then skip a night and repeat. Three or four times in one



## OUTWITTING THE "T. B. BUGS"

week is all one should make use of the enema in ordinary cases. In extraordinary cases the high enema is necessary; but another person, or a nurse should administer it. An olive oil enema is excellent. Enemas should not be given directly after meals.

Two glasses of Bulgarian buttermilk should be taken every day, one the first thing in the morning, the other the last thing at night. This can be made by purchasing a bottle of Bulgarian milk put up by Fairchild Bros. & Foster, New York, and adding one tablespoonful or more to a glass of milk. If you cannot procure this, the next best substitute is Cultol which contains the bacillus bulgaricus. The object in taking this is to keep the intestines free from tubercular bacilli. Grape-nuts well chewed and bran are aids in overcoming constipation.

The very nourishing nature of the diet necessary to build up the blood and general system quickly, and the small amount of exercise that a "T. B." can take, naturally lead to biliousness; but biliousness in this case is the lesser of two evils, and your eating (or really over-eating) must be kept up until your blood begins to show the benefit in added strength. Then normal diet may be resorted to.

Remember what the Creator gave you your teeth for, and use them. Food that is properly masticated

## OUTWITTING THE "T. B. BUGS"

tends far less to constipation than food that is piled into the stomach and bowels as one lays in a winter's coal supply. Therefore, chew your food long and well before you send it downstairs. The process of digestion, remember, begins in the mouth.

When the patient is well along toward recovery he should begin to eat the proper foods and take such exercises as will obviate the need of laxatives.

From two to four glasses of pure water, taken half an hour before breakfast, act as a mild laxative; but it is a perfectly normal means of forcing the bowels. A glass of orange juice taken half an hour before breakfast is also beneficial to the bowels, and has a cleansing action on the blood.



## OUTWITTING THE "T. B. BUGS"

### *Food*

NECESSITY forces us to do many things that we otherwise wouldn't bother about. One rarely gives his stomach a thought until something goes wrong with it. If he suffers enough from his stomach or bowels, he will consult a physician; nevertheless every individual has to make a personal study of himself and, after deciding what agrees with him and what does not, must choose from among the foods agreeable to him the ones containing the elements for building up blood, tissues and energy.

The "T. B." must remember at all times that the main thing for him is the rebuilding of wasted tissues as rapidly as possible. To this end he must eat liberally of the most nourishing foods

Food values are measured in calories and the ordinary individual eats food to the value of from 2300 to 2800 calories per day. The tubercular case should take from 3500 to 5000 calories per day; the average being 25 calories per kilo of body weight. The easy way to tell if you are taking enough food is to watch the scales. If you do not gain every week, you are not eating enough.

Foods are divided into three headings: Fats, proteids and carbohydrates. We continually read about

## OUTWITTING THE "T. B. BUGS"

special diets, but the feeding of the great United States army, the best physically among the soldiers of the world, has taught us that the balanced ration is the best. One part fat, two parts proteid and five parts carbohydrates. A new concentrated food of these proportions called PEP, has recently been put on the market.

How to select, combine and proportion food so as to build up your blood and assist nature in the curative process is a deep study.

First of all it should be remembered that neither the stomach nor the intestines have teeth. Refer back to the preceding section on "Constipation" in this connection. The advice will bear repetition here: Food *must* be well chewed before it is swallowed. It is only the well-chewed food that is properly digested—for, as has just been said, digestion commences in the mouth. Well-chewed food yields strength and vigor without discomfort.

There is such a thing as taking too much food over a long period of time and this must be avoided; but if the proceeding of taking a mixed diet, is strictly adhered to, there is practically no danger of over-feeding. However, if one does become bilious or constipated, he must resort to enemas, drinking large

## OUTWITTING THE, "T. B. BUGS"

quantities of water and varying his diet to more laxative foods.

Drink plenty of water between meals—say an hour and a half after eating. Do not use ice water. Always use individual, perfectly clean drinking vessels.

Besides adhering to the rule of chewing well what you eat (and too much stress cannot be laid on this factor) establish and stick to a rule of not eating between meals. The stomach must have rest, just as must the brain and the entire body.

If inclined to constipation, drink, as suggested under that head, a glass of orange juice—at least half an hour before breakfast. Drink two or three glasses of water later—hot or cool, as preferred.

Avoid pork and veal, but eat red meats and plenty of vegetables and fruits.

Milk is a food of recognized value, and you need it; but you should strive to drink it with your meals if you can. Tubercular patients need lime, and milk contains it. So do eggs and carrots. Bread contains some lime.

## OUTWITTING THE "T. B. BUGS"

Following is a diet to counteract constipation:

### MAY TAKE

**SOUPS.** Meat broths, oyster soup.

**FISH.** Boiled fresh fish of all kinds, raw oysters.

**MEATS.** Almost any fresh tender meat, poultry, all in moderation.

**FARINACEOUS.** Oatmeal, wheaten grits, Graps Nuts, bran, mush, hominy, whole wheat bread, corn bread, graham bread, brown bread, rye bread, bran biscuit or muffins.

**VEGETABLES.** Boiled onions, brussels sprouts, spinach, cauliflower, potato, asparagus, green corn, green peas, string beans, salads, with oil.

**DESSERTS.** Stewed prunes, figs, baked apples with cream, ripe peaches, pears, oranges, apples, melons, grapes, huckleberries (the seedless kind), cherries, raisins, honey, plain puddings, fig puddings, apples, charlotte.

**FLUIDS.** Plenty of pure water, cold or hot, cocoa, new cider, buttermilk, Bulgarian sour milk, orange juice, unfermented grape juice, whey.

### MUST NOT TAKE

**SALT,** smoked, potted or preserved fish or meats, liver, eggs, new bread, puddings of rice or sago, pastry, milk, sweets, tea, nuts, cheese, pineapple, spirituous liquors.

The patient who is not constipated; but as some are is troubled with looseness of the bowels, should, of course, not pay any attention to the above diet. In our next chapter we will discuss a diet system for T. B. patients which is not suitable for normal conditions. Under normal conditions such a diet would be akin to over-stoking a furnace.

For anyone wishing to rebuild tissues, blood and strength, excepting where organic complications would indicate restricted diet (as in liver and kidney diseases) the T. B. diet should be followed.



## OUTWITTING THE "T. B. BUGS"

### *Menu for "T. B."*

THERE are appended below some suggestions as to the selection of foods for the three meals of the day. Of course one must use judgment in this and not try to eat everything mentioned. Make a choice of the fruit, meat, bread and drink. We give a list large enough that you may choose what you enjoy and still have the benefit of a balanced ration.

BREAKFAST. Orange juice, sliced oranges, grapefruit, canteloupe, baked apples with cream, stewed prunes with cream and other fruits in season. Beef steak, chops, chicken (broiled, stewed or baked), soft boiled eggs with bacon, eggs scrambled, poached or in omelet form. Buttered toast, muffins, corn or wheat cakes and waffles. Chocolate and one or two glasses of milk. Any cereal desired may be taken with cream.

After eating all you can of the foregoing, take two raw eggs (with a little lemon juice or a pinch of salt if desired) and another glass of milk.

LUNCHEON. Either at noon or for supper in evening. For a starter, beef broth (properly made) followed with cold roast beef or a broiled lamb chop. (Use no fried food, whatever). Boiled rice or macaroni and cheese is a good item, plus a warm vegetable or a salad with olive oil dressing. Finish with an ap-

## OUTWITTING THE "T. B. BUGS"

ple, two more raw eggs and salted nuts (either peanuts or almonds). For a beverage use chocolate or milk.

*To make Beef Broth.* Cut beef in cubes 3-4 inch square; place in Mason jar, screw lid on tight; place in large kettle in warm water, not hot, and let stand for two hours; run through press or lemon squeezer to obtain juice. Then serve to patient with a little salt if one must have it.

DINNER. Preferably at noon, but may be taken in evening if it is more convenient. Commence with a rich cream soup. Then broiled beefsteak, roast beef or roast lamb. For vegetables use spinach, carrots, peas, etc., boiled and creamed if you like. Potatoes are best baked; but variety is needed to "keep up interest" in this valuable tuber. Lettuce, tomato, asparagus or fruit salad prepared with a generous quantity of oil; served with crackers and cheese.

For dessert serve custard, tapioca or any similar dish that you may enjoy—always trying to stick to those in which eggs, milk and cream are embodied. Finish, again, with two raw eggs, a glass of milk and salted nuts. Besides the nourishment the reason for eating the salted nuts is that they create thirst and thus induce drinking plenty of water.

## OUTWITTING THE "T. B. BUGS"

There is given below a selection of desserts that will aid you in gaining weight:

Cakes or cookies.	Custards.	Ice cream.
Rice or tapioca.	Souffle.	Whipped cream.
Sago-figs-dates.	Gelatin.	Rich pie crust.
Raisins, candy.	Junket.	Nuts.



## OUTWITTING THE "T. B. BUGS"

REMEMBER you cannot take too much cream, chocolate liquor, olive oil, peanut butter or any other easily digestible fat. *Avoid all fried foods*, as they are difficult to digest. Meats or fish should be boiled, broiled, baked or roasted. Eggs should be jellied (place eggs in a bowl on the table and cover with boiling water, letting stand for ten minutes); soft poached or baked. Hard white of egg is difficult to digest; soft white is easily digested. Try to take at least six eggs per day. Swallowed quickly raw after each meal is the best and easiest procedure. Nuts, well masticated are an excellent food, but should not be eaten except during meals. All feeding between meals is injurious to the average case, except at night when one or two raw eggs followed by malted milk or "Pep" will be found conducive to sleep.

Rest before and after every meal. Talk of pleasant subjects at table. Have your table service as attractive and clean as possible.

One thing will bear repeating, take all assimilable fats you can; namely, olive oil, cod liver oil, nut fats and cream.

## OUTWITTING THE "T. B. BUGS"

Here is a list which gives you a large range of choice for body-building.

**SOUPS.** Turtle soup, oyster soup, clam or chicken broth, puree of barley, rice, peas, beans, cream of celery or tomato, whole beef tea.

**FISH.** All kinds of fresh fish, boiled, broiled or baked, oysters and clams raw (soft portions), also roasted or steamed or broiled.

**MEATS.** Rare roast beef or mutton, lamb chops, tender steaks, (rare), fat bacon, sweetbread, poultry, raw pulped mutton or beef (scraped, pounded, put through sieve), or meat juice from slightly broiled steak.

**EGGS.** Raw, soft-boiled, poached, any way acceptable except fried or hard boiled.

**FARINACEOUS.** Oatmeal, wheaten grits, cornmeal mush, hominy, rice, with milk or cream, whole wheat bread, corn bread, milk toast, biscuits, muffins, gems, etc.

**VEGETABLES.** Nearly all if non-irritating, potatoes, baked, boiled, creamed, fresh green peas, beans, spinach, onions, asparagus, tomatoes, all well-cooked, preferably steamed to avoid loss of salts in boiling, lettuce, celery.  
Cream, butter, best olive oil may be used freely if agreeable.

**FRUITS.** Fresh ripe fruits as desserts, or taken in morning or early part of the day, oranges, grapes, peaches, pears, etc.

**DESSERTS.** Farina, sago, tapioca, plain or as simple puddings, floating island, custards, junkets, baked or stewed apples with fresh cream, rice with cream, cooked fruits.

**FLUIDS.** Fresh milk, freely, sipped slowly, taken in plain or with cream added. Buttermilk, Bulgarian sour milk, orange juice, pure water, whey, chocolate, Pep.

## OUTWITTING THE "T. B. BUGS"

### *Food Values and Combinations*

For those not ill but desiring to live long and in good health, good food in proper combination is essential.

The majority of us eat too much. It is not under normal conditions, how much we eat, but how well we digest what we eat, that affects the balance.

There is no need of "shutting down the plant for repairs" if we eat properly. It has been truly said that "we dig our graves with our teeth" very often.

In what follows is embodied information along these lines that will prove valuable both to the "T. B." patient seeking to regain health and to the person who is well and strong and wants to remain so or grow still stronger.

Tissue-Formers or Body-Builders	{ Proteins Mineral Matter Water
Energy or Work and Heat Producers	{ Carbohydrates Fats Proteins
Regulators of Body Processes	{ Mineral Matter Water

Important sources of Proteins—Milk, eggs, meat, fish, cheese, beans, peas, lentils, some nuts, some cereals.



## OUTWITTING THE "T. B. BUGS"

*IMPORTANT SOURCES OF FATS*—Olive oil, butter, cream, bacon and other fat meats and nuts.

*IMPORTANT SOURCES OF CARBOHYDRATES*—Cereals and cereal products, sago, tapioca, starchy vegetables such as potatoes, sugar, honey, sweet dried fruits.

*IMPORTANT SOURCES OF MINERAL MATTER*—Those available in organic form: Nitrogen, supplied by protein; Phosphorus, in milk and cream, eggs (especially yolks of eggs), meat, whole wheat, oatmeal, dried and fresh peas and beans, spinach, raisins, prunes.

Those available in organic or inorganic form: Calcium in milk, dried beans and peas, oranges, spinach, turnips, other fresh fruits and vegetables and whole grains; magnesium, potassium, iodine, etc., likely to be adequately supplied if other ash constituents are provided for. The addition of sodium chloride (common salt) as a condiment usually supplies a surplus of sodium and chlorine.

### Special functions of each Food Principle:

Proteins supply energy, nitrogen, sulphur and sometimes phosphorus and iron.

Fats supply energy in the most concentrated form.  
Carbohydrates supply energy in the form most economical.

## OUTWITTING THE "T. B. BUGS"

Mineral matter supplies building material, except nitrogen and sulphur, and helps to regulate body processes.

Cow's milk is rich in calcium and phosphorus in organic forms and contains small amounts of sodium, potassium, magnesium, iron and chlorine.

Eggs contain iron and phosphorus in their most assimilable forms, especially in yolks.

Meats are lacking in calcium and while red meats are comparatively rich in iron, it is not in as available form as in eggs.

Calcium is abundant especially in such vegetables as beans, peas, fresh or dried, or other green vegetables; in fruits and outer parts of grains. There is little in polished rice or fine flour.

Vegetable foods are rich in potassium, which usually occurs in the form of potassium phosphates.

Spinach is richer in iron than almost any other plant food. Whole wheat, oatmeal, peas, beans, raisins, prunes are also valuable sources of organic iron.

Vegetable acids and their salts compose the acids of juicy fruits, such as citric acid of the citrus group, the malic acid of apples, pears, etc., and tartaric acid of grapes.

There is some sulphur in turnips, onions, cabbage, cauliflower, water cress, horseradish.

## OUTWITTING THE "T. B. BUGS"

The fibres in vegetables are necessary and excellent for roughage (helping peristalsis of the bowels).

*FOR THE SPRING CLEANING*—Most fruits and vegetables, but especially parsley, tomatoes, dandelion, rhubarb, lettuce, strawberries, lemons, oranges, grape-fruits, cabbage, cauliflower, asparagus, other citric and acid fruits.

Baked or boiled foods are the best.

Combinations to avoid—

Acids with cream soups.

Acids with cereals.

Acids with starch.

Vinegar with starchy foods.

Milk with cucumbers.

Milk with shell fish.

Ice cream with fish or shell fish.

Milk with fruit pie.

Acid fruits, as oranges, lemons, pineapple, strawberries, apricots, grapefruit, are better not taken with meals.

Acid fruits are allowable with meat but without sugar.

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### *A Table of Calories*

	Quantity in Ounces	Calories
Almonds .....	16	3,030
Brazil Nuts .....	16	3,329
Walnuts .....	16	3,305
Cocoanuts .....	16	2,986
Peanuts .....	16	3,177
Litchi Nuts .....	16	1,453
Beefsteak .....	16	1,130
Wheat Flour .....	16	1,640
Potatoes .....	16	385
Milk .....	16	1,406
Cheese .....	16	1,965
Butter .....	16	3,605
Mutton .....	16	1,275
Chicken .....	16	325
Codfish .....	16	205
Oysters .....	16	235
Cornmeal .....	16	1,655
Wheat Bread .....	16	1,205
Crackers .....	16	1,895
Dried Beans .....	16	1,590
Beets .....	16	170

## OUTWITTING THE "T. B. BUGS"

	Quantity in Ounces	Calories
Turnips .....	16	135
Apples .....	16	255
Eggs .....	16	610
Sugar .....	16	1,775
Lamb .....	16	1,405
Veal .....	16	650
Oranges .....	16	80
Cocoa .....	16	2,166
Broth .....	16	613
Onions .....	16	225
Tapioca .....	16	1,820
Rice .....	16	1,630
Canned Corn .....	16	345
Canned Tomatoes .....	16	80
Canned Peas .....	16	1,565
Raisins .....	16	440
Chocolate .....	16	2,650



## OUTWITTING THE "T. B. BUGS"

### *Table of Foods With Regard to Protein, Carbohydrate and Fat Content*

	Protein	Fat	Carbohydrates
Bacon .....	8	695	
Beans .....	23		59
Sugar .....			98
Flour .....	11	1	75
Beef .....	17	27	
Potatoes .....	2		18
Onions .....	1		10
Dried Apples .....	1	2	71
Cornmeal .....	9	3	70
Tapioca .....			98
Cornstarch .....			97
Butter .....	1	85	5
Syrup .....			55
Rice .....	7		79
Canned Tomatoes .....			3
Macaroni .....	9		77



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	Protein	Fat	Carbohydrates
Canned Corn .....	3	1	13
Milk .....	1	1	1
Peas .....	27	1	56
Raisins .....			24
Cheese .....	33	22	5
Prunes .....	2		12
Apricots, canned .....	2		30
Barley .....	13	2	76
Chocolate .....	20	50	10
Oysters .....	6	1	3
Salmon, canned .....	21	13	
Crabs .....	15	1	
Crackers .....	10	9	70
Poultry .....	21	3	
Arrowroot .....	1		83
Carrots .....	2		8
Eggs .....	13	11	

One pound Protein yields 1860 calories,

One pound Fat yields 4220 calories.

One pound Carbohydrates yields 1860 calories.

## OUTWITTING THE "T. B. BUGS"

ARE YOU A "T. B." ?

*If you want to get well, change  
your ways. In the past you figured  
that you were living in the right way.  
But see what a mess you've made of it!*

### Conclusions

Now: To sum up tersely what has been said, and to impress our readers again with a few salient facts:

We assume that you have drawn your own conclusions as you have read. What we have written has been straight to the point and devoid of technical or literary frills. Just plain facts gleaned from real experience. Follow them and you will be benefited.

While we have dwelt at length on the necessity for maintaining in the quest for health, a cheerful and peaceful state of mind, we have had little to say concerning the services of the medical man; yet we wish it distinctly understood that the ideas herein set forth were not derived from any of the faith-healing cults extant today and equally understood that we are in no wise discrediting nor condemning the medical man, as we know his necessity in the scheme of things. A physician's position in "T. B." is first of all a true diagnosis. Then advice to the patient as to how to

## OUTWITTING THE "T. B. BUGS"

live so as to build up the body and blood and thus increase its natural resistance to the disease. He would, if he could, but he cannot give you medicine that will reach and heal the lesions in the lung tissues. However, he is indispensable in case of hemorrhages and where local treatment is required. A few physicians today are obtaining results from X-ray treatment of the lungs; but unless the treatment is thoroughly understood, it may do more harm than good, and it seems that but very few medicos understand how to give it properly where the lungs are concerned.

T. B. in the lungs is a localized, walled off disease, how therefore can any drug, chemical or injection of any kind cure or effect this bacteria infested area in any way? The X-ray inhibits the propagation of the bacteria, and fresh air, superfeeding and an even climate build up the physique and help increase the white blood cells, especially the Phagocytes and they wall in the infected area or eat up the individual bugs.

As a closing word we would reiterate and make clear, that the greatest achievement in the search for better health, is the development of serenity of mind, and that in the search it may be necessary for you to change your ideas and your very views of life.

Try to see good in everything. God sends the heat of summer to aid Nature's processes in storing

## OUTWITTING THE "T. B. BUGS"

up energy, in the form of food, for the development of animal life. He sends the icy blasts of winter to complete Nature's marvelous cycle of heat and cold for the benefit of man—the rain and the sun for irrigating and refreshing the soil, and the electric storms for purifying the atmosphere.

Remember it took you a long time to become a "T. B." and you must be prepared to expect that it may take you a longer time to overcome the damage; so be patient and persevering.

Disappointment should act merely as a stimulant to greater effort. Even the infidelity and ingratitude of others may be made a crucible in which our characters are moulded and come forth purified and strengthened. Fight the good fight with all your might and God will help you win.



# To Live and Enjoy Health

Food.	Air.	Sunshine.	Water.	Rest—Exercise.	Equanimity.
Eat to live—do not live to eat.	Pure air day and night.	Golden with dividends.	Use inside and outside daily.	Mental and physical rest prolongs life.	Avoid mental stress—anxiety.
Tissue and blood builder.	Live in the open.	Sunlight without, means sunshine within.	Take warm baths for cleanliness.	Learn to relax thoroughly.	Be calm and you will succeed.
Moderation.	Crowded rooms and theatres spread colds.	Destroys germs.	2,000,000 sweat glands in body need assistance.	Sleep is great energy repairer.	Cheerfulness its own reward.
Watch combinations.	One of nature's tonics.	Nature's great tonic.	Bathing relieves strain of elimination on liver and kidneys.	Rest before and after eating.	Banish fear.
Hunger—best spice.	Deep breathing of fresh air prolongs life.	Human life and plant life thrive on it.	Use only your own glass, soap, towel.	Rest before you become weary.	Serenity and poise should be achieved.
Chew well.	If you must sleep indoors, have windows open.	Don't use carpets if you fear their fading.	Frequent shampoos.	Never recline with arms overhead.	
Cook well and serve appetizingly.	Real blood purifier.	Let in the blessed sunlight.		Exercise for your circulation.	
Study your own food requirements.	Breathe through nose.			Avoid excess in exercise.	
Eat foods for free bowel movements.	Cold air does not harm, but bad ventilation will.			Never exercise if you have temperature.	
				Exercise in open air.	

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